



City of Arts & Innovation

News Release

FOR IMMEDIATE RELEASE:

Oct. 30, 2014

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City of Riverside Hosts Worksite Wellness Forum

RIVERSIDE, Calif. – The City of Riverside, which is dedicated to fostering a culture of health in area businesses by promoting health and wellness among employees, is hosting the Riverside Worksite Wellness Forum Nov. 6.

The 8:30 a.m. event encouraging businesses to become a Fit-Friendly organization will be held in the Mayor's Ceremonial Room at City Hall, 3900 Main Street.

The City of Riverside has adopted the principles at City Hall. The Human Resources Department offers employees physical activity support, increased healthy eating options and access to physical, nutrition and cultural activities. Since 2009, the City has seen measurable results from a reduction in absenteeism and a motivated and healthier workforce. However, most businesses have one person running an entire program and don't know where to start.

Attendees will hear about workplace wellness at City Hall from Coordinator Miriana Gonzalez; at UCR from award-winning wellness coordinator Julie Chobdee; at the American Heart Association from Monique Stensrud; at the Riverside Department of Public Health from Valerie Comeaux; and at Stronghold Engineering from Alisa Bailey.

Presenters will share tips to create a positive impact on a business's bottom line. Meet other business representatives around Riverside in attendance, share lessons learned and common actions, obtain materials on worksite wellness and visit the City's Wellness Stairwell!

This event is part of the City of Riverside's Fit, Fresh, Fun Forum, which seeks to make Riverside a healthier city. The Workplace Wellness subcommittee plans events for the advancement of worksite wellness. Further programs and policies will be developing to increase wellness in our city.

RSVP at <http://www.riversideca.gov/human/wellness/FFF-Registration.asp>